

## Claims:

1. A method of monitoring a childbirth process of a pregnant woman, comprising:  
in a measuring step (26), measuring a lactate concentration  
5 (15b);  
in a comparison step (28), determining whether the measured lactate concentration (15b) is greater than a lactate threshold interval (29); and  
subjecting the pregnant woman to alternative child birth  
10 options (32) when the lactate concentration (15b) is greater than the lactate threshold interval (29).
2. The method according to claim 1 wherein the method further comprises waiting a waiting period (16) when the lactate  
15 concentration (15a) is greater than the lactate concentration (13).
3. The method according to claim 1 wherein the method further comprises the method further comprises waiting a waiting  
20 period (18) when the lactate concentration (15a) is less than the lactate concentration (13) and again measuring the lactate concentration in a measuring step (20).
4. The method according to claim 2 wherein the method further  
25 comprises determining whether labor is progressing normally in a determining step (22) following the waiting period (16).
5. The method according to claim 4 wherein the method further comprises measuring the lactate concentration (15b) when  
30 labor, as determined in the determining step (22), has not started or is not progressing normally
6. The method according to claim 5 wherein the method further comprises stimulating in a stimulating step (34) the pregnant

woman to give birth when the lactate concentration (15b) is less than the lactate threshold interval (29).

7. The method according to claim 1 wherein the method further comprises determining in a determining step (36) whether labor is progressing normally.

8. The method according to claim 7 wherein the method further comprises measuring the lactate concentration (15b) when the labor is not progressing normally, as determined in the determining step (36).

9. The method according to claim 1 wherein the method further comprises determining in a determining step 40 whether labor is progressing normally when the lactate concentration (15b) is within the lactate threshold interval (29) and providing stimulation to the pregnant woman when it is determined in the determining step that the labor is not normal.

10. The method according to claim 1 wherein the method further comprises in a measuring step (12), measuring a lactate concentration (15a) in vaginal fluids; in a comparison step (14), determining whether the measured lactate concentration is greater than a predetermined lactate concentration (13) that indicates that the membrane has ruptured and amniotic fluid has passed from an amnion of the pregnant woman.